

12309 Ashcake Road  
Ashland, VA 23005

February 23, 1999

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Lead Deputy Commissioner Michael Freidmen, M.D.  
U.S. Food and Drug Administration  
5600 Fishers Lane  
Room 1471  
Rockville, MD 20857

Dear Dr. Freidmen,

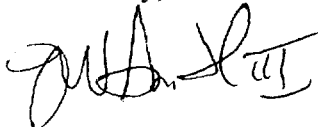
In 1981, the Food and Drug Administration (FDA) began to advise pregnant women to "avoid caffeine-containing foods and drugs, if possible, or consume them only sparingly." Our daughter is intolerant of caffeine altogether, and consumption causes extreme gastrointestinal upset. We know of other people who have conditions which contraindicate the use of caffeine. For an individual with certain heart conditions, consumption of caffeine could be life-threatening.

To give all consumers more information to make educated decisions about caffeine consumption, I urge that the FDA implement the following measures. The Food and Drug Administration should require that caffeine content be disclosed on all food/beverage labels.

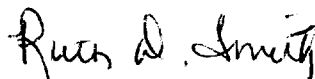
Caffeine is present in a variety of foods and beverages. It is found not only in coffee, tea, and colas, but also in other soft drinks, caffeinated water, ice cream, and yogurt. It is difficult for consumers to predict the caffeine content of many of those foods and beverages, since the levels of caffeine vary widely between brands.

Thus, I urge you to protect my health and the health of others by requiring that foods that contain significant amounts of caffeine (either naturally or as a food additive) disclose on the food label the amount of caffeine (in milligrams) per serving.

Sincerely,



James W. Smith, III



Ruth D. Smith

97P-0498

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